

YALE UNIVERSITY PHYSICAL EDUCATION 2018 SUMMER COURSES

Summer Term Monday June 4th – Saturday July 28th 2018 (8 weeks)

Online registration will be available Tuesday, May 29, at 9am <http://sportsandrecreation.yale.edu>

Shop classes the first week June 4 to June 9th

No Classes July 4th, Wednesday

<u>DAYS</u>	<u>TIMES</u>	<u>CLASS</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>COST</u>
Mon/Wed	5:30 - 7:00 pm	SHOTOKAN KARATE	6 th floor	Craig Elkin	\$144/160
Mon/Wed	6:30 - 7:30 pm	BARRE FITNESS	5 th floor Room D	Sarah Flashman	\$96/120*
Mon/Wed	7:00 - 8:00 pm	CARDIO KICKBOXING	5 th floor Main Ex	Mariangela Amenduni	\$96/120*
Mon/Wed	7:00 – 7:45 pm	ADULT SWIM, beg	Basement Pool	Katie Murray	\$110/140*
Mon/Wed	7:45 - 8:30 pm	ADULT SWIM, inter/adv	Basement Pool	Katie Murray	\$110/140*
Monday	4:30 - 6:00 pm	KUNDALINI YOGA	5 th floor Main Ex	Hari Gopal	\$60/90*
Tues/Thurs	6:30 - 7:30 am	HATHA YOGA	5 th floor Main Ex	Amy Kennedy-Valente	\$96/120*
Tuesday	4:00 - 5:00 pm	SCULPT YOGA	5 th floor Main Ex	Emma Shansky	\$50/70*
Tuesday	5:15 - 6:15 pm	HATHA YOGA	6 th floor	Emma Shansky	\$50/70*
Tuesday	7:00 - 8:00 pm	SALSA, beg	6 th floor	Alisa Bowens	\$50/70*
Tuesday	8:00 - 9:00 pm	SALSA, inter/adv	6 th floor	Alisa Bowens	\$50/70*
Tues/Thurs	10:30 - 11:30 am	POSTPARTUM Mom-Baby Fitness	5 th floor Main Ex	Sarah Flashman	\$96/120*
Tues/Thurs	12:00 - 1:00 pm	PREGNANCY Fitness	5 th floor Main Ex	Sarah Flashman	\$96/120*
Tues/Thurs	5:15 - 6:15 pm	SCULPT & TONE	5 th floor Main Ex	Rosalind. D'Eugenio	\$90/110*
Tues/Thurs	6:30 - 7:30 pm	PILATES MAT	5 th floor Main Ex	Dianne Terrace	\$96/120*
YOGA PASS	ALL TIMES	YOGA PASS	All locations	All Instructors	\$125

Starts 6/12

SPINNING

Mon/Wed	7:15 - 8:15 am	SPINNING	Basement/PWG	Alexis Hopkins	
Mon/Wed	5:30 - 6:30 pm	SPINNING	Basement/PWG	Andy Lipsner	
Tues/Thur	7:15 - 8:15 am	SPINNING	Basement/PWG	Noa Golan	
Saturday	10:15 - 11:15 am	SPINNING	Basement/PWG	Andy Lipsner	
SPIN PASS	All times	Spinning	Basement/PWG	All Instructors	\$125

*Non-member

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